

April 2024

CEZARS™ KITCHEN

International School of the Sacred Heart

Monday		Tuesday		Wednesday		Thursday		Friday										
1		2		3		4		5										
(V) Margherita Pizza Garlic Pasta Broccoli Mix Peppers w. Onion Banana		Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Roast Carrots Mix Fruits		Japanese Pork Curry (V) Japanese Tofu Curry White Rice Croquettes Komatsuna Ohitashi Fruits & Oat Crumble		International Carrot Day Fish Fingers w. Tartar Sauce (V) Chick Pea Fingers White Rice Potato Salad Green Peas w. Corn Carrot Cake		Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Curry Baby Potato Salted Cucumber w. Coriander & Lemon Mango Yoghurt										
DAIRY	WHEAT	DAIRY	WHEAT	EGG	DAIRY	WHEAT	SOY	EGG	DAIRY	WHEAT	FISH	SOY	EGG	DAIRY	WHEAT			
Calorie 703kcal Protein 20.9g		Calorie 709kcal Protein 41.0g		Calorie 975kcal Protein 26.0g		Calorie 945kcal Protein 32.9g		Calorie 706kcal Protein 42.8g										
8		9		10		11		12										
(V) Savory Lentils White Rice Carrot Coin Buttered Corn Pineapple		Stir Fry Pork (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Spring Onion Shimeji w. Seasoned Bamboo Fruit Jelly		Hayashi Beef (V) Hayashi Vegetables White Rice Gyoza Vegetable Oden Style Orange Wedges		Karaage Chicken (V) Tofu Karaage White Rice Edamame Kinpira Gobo Berry Yogurt		Baked Whitefish w. Lemon Sauce (V) Crispy Tofu in Citrus Sauce White Rice Edamame Sautéed Broccoli Chocolate Cake										
EGG	DAIRY	WHEAT	SOY	WHEAT	SOY	EGG	DAIRY	WHEAT	SOY	DAIRY	WHEAT	SESAME	FISH	SOY	DAIRY	WHEAT	FISH	SOY
Calorie 749kcal Protein 23.5g		Calorie 728kcal Protein 29.0g		Calorie 733kcal Protein 31.8g		Calorie 877kcal Protein 43.9g		Calorie 988kcal Protein 38.9g										
15		16		17		18		19										
(V) Vegetarian Japanese Curry w. Soy meat White Rice Croquettes Wok Seared Greens Mikan		Japanese Hamburg (V) Vegetable Bean Hamburg w. Veg Demi White Rice Green Beans Mixed Mushrooms Melon		Teriyaki Pork (V) Vegetarian Harusame w. Tofu White Rice Eggplant Agebitashi Green Peas w. Carrots Vanilla Cake		Chicken Fajitas w. Tortillas (V) Vegetable Bean Fajitas w. Tortillas White Rice Roasted Corn Steamed Broccoli Peach		Beef Lasagna (V) Vegetable Lasagna Ciabatta Grilled Zucchini Steamed Cauliflower Brownie										
EGG	DAIRY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT	SOY	EGG	DAIRY	WHEAT	SESAME	SOY	DAIRY	WHEAT	EGG	DAIRY	WHEAT
Calorie 852kcal Protein 16.3g		Calorie 862kcal Protein 29.1g		Calorie 876kcal Protein 31.8g		Calorie 712kcal Protein 44.8g		Calorie 984kcal Protein 38.5g										
22		23		24		25		26										
(V) Thai Vegetable Curry White Rice Eggplant w. Garlic Sauce Sweet Chili Green Beans Coconut Mix Fruits		Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Grilled Peppers Grape Jelly		Char Siu (V) Sesame Vegetable Noodles w. Tofu White Rice Snap Peas Carrot Coins Fruit Crumble		Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Spinach Gomaee Sauté Cabbage Orange Wedges		MARVEL Superhero Day Special Hulk Favourite Beef Burger (V) Wonder Woman Veg Burger Ironman Loved Wedges Broccoli Man Super Mario Mix Mushrooms Marvel Marble Cake										
EGG	DAIRY	WHEAT	SESAME	SOY	DAIRY	WHEAT	SOY	WHEAT	SESAME	SOY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT	SESAME	SOY
Calorie 912kcal Protein 16.0g		Calorie 867kcal Protein 33.2g		Calorie 801kcal Protein 22.2g		Calorie 795kcal Protein 34.5g		Calorie 966kcal Protein 32.2g										
29		30																
(V) Spaghetti Bolognese (Soy Meat) Focaccia Garden Salad Stir Fry Vegetables Mix Fruits		Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Roasted Carrots Fruits Ambrosia																
WHEAT	SESAME	SOY	DAIRY	WHEAT														
Calorie 898kcal Protein 51.3g		Calorie 765kcal Protein 41.0g																



MARVEL Superhero Day Special

Cezars Kitchen menu does not contain nuts
Menu may change depending on ingredient availability
The nutritional value on the menu is calculated based on the amount serving for Secondary / High School Students.